A Galactic Perspective with Dr. David Clements

Dr. David Clements,
Pam Gregory

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Dr. David Clements PhD is a theoretical physicist specializing in living energy physics and has advanced degrees from Oxford and Cambridge Universities in the UK. Our first conversation called Galactic Connections: Galactic Connections with Dr. David Clements .

Meditations on Dr David Clement's Patreon channel, https://www.patreon.com/c/infinitesourcecreations/ That is where all the streams of infinite Source Intelligence, global meditations and channels of other beings, come through. For the other sites, https://www.isee-infynergy.com/ is the ISEE site for protective innovations and https://infinitesourcecreations.com/ has the Quantum Still-point Clarifier device and the Quantum Earth Seeds innovations also Dr. Clements has kindly offered all viewers of this video a 5% discount on his products, just use the code GIFT255.

PAM: Hi everyone. Well, I have the wonderful Dr. David Clements with me again and I know so many of you absolutely adored the conversation we had last time. David is a theoretical physicist who specializes in string theory. He, in the first part of his career, had a very mainstream academic career and then in our last conversation

he described how his life changed pretty radically and he's now doing very different work, very much aided and bettered by his team. So welcome David, it's a joy to have you with me again. And just first off, would you like to share with people who your team are just so people don't know they aren't human?

DAVID: Yes, sure. So, well first of all, hello everybody and I just wanted to say a very warm thank you not only to you Pam. I've loved the interactions that we've had and you know I look forward to many more and hopefully I get to see you when we come back to the UK. And thank you to all of your audience as well because on the previous talk I looked at some of the beautiful comments that people were having and the main thing for me is how the information I give touches people and moves them forward and helps them to see something that they perhaps didn't see before or gives them inspiration to perhaps do something new or expand. All those things are wonderful things to me. So I can't thank your audience enough for sure.

PAM: We'll continue to I'm sure.

DAVID: So yes, you asked about the team. I think so just a quick recap on where we were last time. So in the very beginning when it first started, I'd say around, because I never used to be very academic, I was more artistic and creative and then something switched on and then I switched to sort of mathematics and physics. I had no idea about the higher self or all these kind of things and, but had a very keen interest all the way through from as far as I can remember it and all things going on up there. And that never stopped. And it was when a friend of mine bought me a book to do with all strange phenomenon, including remote viewing, which is what I talked about last time, which really kicked me into gear and got my intuition really switched on, which I think was really the aim. It wasn't ready to continue remote viewing as I was doing it was just a right. Okay, let's get came on and jump in the hole, throw him into the deep end of the swimming pool and let's go. And it was from then that I started to get the connection with the Pleiadian groups that I that I work with, very beautiful, warm, very intelligent, compassionate beings.

And then shortly after them, the Arcturians came and introduced themselves and started putting an emphasis more on the sort of energetic science or living energy science aspect of it. So there was in tandem, my healing strides, because I had to go through a lot of changes, I still do, which we spoke before we went we went live. They needed me to go through lots of different jumps periodically. And that's really to jumped me to a new level of access to higher energetics and high information. And through that period there's a period of almost, I wouldn't call it downtime as such. But it's transition time because you don't feel quite like everything is stabilized yet. It's still settling down a little bit like a simmering pot, it has to settle first so that you can integrate the new energetics that you have and begin to learn to work with them because it's like each upgrade is like a new handbook.

It's like, okay, right? Now you've got to read a whole new way of doing things now. And so to come to your question, so the teams are mainly Pleiadian and Arcturian, but there's a lot of other races in over those years that I've been doing this that have come forward, some of them from the Andromedan galaxy, some of them from way, way other galaxies that we don't even know the names of.

And sometimes the way it happens is they'll introduce themselves to me. And I'll ask my high self because I always work through the high self to connect because that way exactly who you're connecting with this spot on who you're supposed to be connecting with.

And I asked for an energy snapshot of them and you can get a direct feeling of who they are, what their intentions are, and the love that they have for humanity and the way they come across. It's a very special, beautiful process. I call it a quantum snapshot, but it's really just an overall energy impression of who it is that you're dealing with. And so I always do that so I can get a feel because the other thing is, is sometimes their energy might be so high that you feel, okay, maybe just the short interaction this time because it's you're turning up the dark way, but otherwise they let you decide.

So this is us. Would you like to work with us? Then you get the sample and you say, yes, this is great. I love your energy. I'm happy to work with you. And so a lot of the times when I ask for the name,

you go, I can't even pronounce that. Let's just don't worry about the name. I know who you are by your energy. That's fine.
So, because that's the some of the way they pronounce their names, it's not even it's not a spoken language. It's a telepathic communication to frame the thought of how they address themselves is very different to how we think in a human term.
So it's not always so straightforward to just say, oh, yes, this is the such and such people or the whatever. But because we have common languages for like the Pleiades system or the Arcturian system, they just introduce themselves as the Arcturians or the Pleiadians if they if we know them commonly.
And so yes, and then there are other aspects as well because there are expansive intelligences which are not in form, but they operate in different high levels of fields. And so they don't have what we call a physical body that they occupy *per se*, although they can do that at will. And so that communication is a little different as well. It feels quite airy and expansive as if you really are being encompassed by a field when you speak with them.
So there's quite a lot of different qualities or characteristics to this. So I just call them the team rather than like run through a whole list of different things. So and it can change sometimes. Some races will come to the forefront and you'll spend a couple of months more with them because of the particular, should we say, specialties or how adept they are at certain things. And then sometimes they'll take a back pedal and then another group will come forward. So it is very dynamic, that's for sure. So I hope that gives a nice picture.
PAM: It's so fabulous to hear, David, that they have such love for humanity that they're working with you in your theoretical physics background to develop incredible regenerative devices and sort of modalities as well as working with you through the group meditations.
DAVID: Yes, and actually, if you wouldn't mind just a quick point on that. This is a very significant thing because the love that these beings have is when beings become sufficiently evolved and heart centered, they recognize that becoming heart centered is always the way forward.

And the Arcturians who are very adept scientifically and energetically in terms of the energy of science, they've just really profoundly adept at it and are so well known throughout this galaxy for what they can do. They said to me once, they said, David, you're going to find that it's a whole world different living from your heart intelligence than it is from your mind intelligence.
And they said that to me when I was struggling, because they said, look, you're trying to approach this from a mind perspective and what we would like you to do, we're asking you to do is to come into your heart center and see it from there.
And so these races have that, the intelligence in the heart recognizes every other heart intelligence as family. It recognizes it as the same. So it's really that that love for another like that, that intelligence reaching out to another love intelligence is a perfectly natural thing when beings operate from that space. So it's innate to them, I feel, with these advanced races.
And you get other races as well. I mean you get a human being said it also not so like, should we say, that's the thing when beings get so disconnected from the heart intelligence and they operate from a sort of survival mind based intelligence.
They then become me, me, me, grab, grab, grab, take, take, take, and everyone else doesn't matter. That's essentially the downward spiral to moving in that direction.
And so yes, it's incredible to see them because they have such a beautiful balance of being able to work what we would call scientifically, but I tend to feel it's more sort of energy science rather than what we call physics and science. They're so adept at that, but they have such a profound and advanced connection with our heart intelligence, they can do both so well. It's great.
PAM: It's so beautiful to hear because that's obviously where we're headed
actually selected to learn some of this. So it's really beautiful to hear and to that point, because David takes his group through beautiful meditations, which are very heart centered. And it's free, I think, to join your Patreon group, David.

DAVID: Yes, well, we used to do it all for free, but because we started a new platform where we needed to keep it ad free because people are going through these meditations and so we wake up in the middle. So we started anew and so we do charge for some of them based on if it's based towards self-development, but all the ones to do with Earth meditations, global meditations, anything that enhances the whole, those will always be free. And all the ones that proceed that always going to stay free as well.
PAM: Fabulous. Well, I was involved in, I think, your most recent one, which I think was February 23rd.
DAVID: Yes, yes, yes.
PAM: Yes, yes. That was a powerhouse of a meditation. I'd love you to talk about that. What happened in that meditation? I don't know if you actually started off with the intention to clear some of the Earth's energy fields, toroidal fields. But if you can share with you what happened because it was it was mammoth, wasn't it?
DAVID: You know, it's funny. I say to my wife, sometimes they never go by halves, do they? It's all in, or not at all. They sort of work with me in the same way. And sometimes I say, please give me a break. But one of the things is that they are so keen to reach out to people, to help them understand the power that they are to do good and to help. And with these meditations, the power that people feel is not just from them. It's what arises within them as they're doing it. Because again, I always say to people, the evolutionary process that humanity is going through is we're being given the chance to return to heart-centered intelligence, which is there are no words of profundity to even try to encapsulate that, it's such an amazing and beautiful thing that anything and everything you could possibly create, which is unlimited, is all there.
And when that gateway opens up and people can feel the emanation of that intelligence coming through them, it's that's you. It's almost like saying, do you see even just that little bit coming through? Because it's a little bit compared to what's really there which is so profound and powerful, you get a slight glimpse of just how awesome you are, everybody is.

And so one of the lovely things I find with those meditations is that when people get and feel that experience, they suddenly start to realize, wow, yes, there's actually quite a lot in there, isn't there? Yes, there is, and there's so much more to explore. And with that, one of the main things that these groups I feel are trying to encourage people to do is become aware of that unlimited infinite powerhouse, you might say, not power in the usual mean, but power in the just unlimited emanation of creativity that's there, the love intelligence.

But it's to be aware of your ability to also direct the energy through your creative intent as well, and to do good with that, or you can't do bad with that, it's impossible. But you can use your intent to lens it to do different good things. That's a better way of saying it.

And so what they do is they would love people to be aware of their stewardship, if you like, of this planet as responsible custodians for maintaining and expanding the Earth experience by fully understanding who they are, who the Earth is, and who you are as a connected living energy systems because the Earth has very similar energy systems to us, we are symbiotic.

And the Earth is very advanced into our form of love intelligence, just as we are. And so we walk around on the surface, and sometimes there are civilizations under the surface. And when you have that connection, that heart-centered connection between you and the Earth, just like with my teams who come forward to me, and I'm sure other channelers as well, there is this symbiosis and the recognition of the infinite intelligence in them that is the same from you and vice versa.

And that creativity and connectivity together, it magnifies immensely through the creative process. And so in this meditation that you described, so what they did is they placed fields around people in the meditation. And this was to facilitate a very deep and powerful transportation down to the core of the Earth. So it's a form of bilocation in a way. So even though your body was here, there was an aspect of your consciousness that can be transported down to the center.

And while they were there, what they did is there are a number of differences and lots of people in meditation could sense them, all of these vessels were literally just beaming down pillars of light right into the mix of that area there and triggered off a huge wave like a supernova wave from the center of the Earth.
And there's a couple of things mainly that happen from that. One is there are energetic flows that in the human form and in the Earth form that flow like giant donuts or toruses, like toroidal flows. So they go outwards and they go the other way as well. So they both cycle at the same time, but counter rotate in a donut way. But they also spin laterally as well, so that way and that way. So it's a beautiful energetic mix.
And so what they were saying was that the energetics, the living codes that get imbued into those flows and constantly, but almost like a breathing mechanism around the Earth, they keep flowing and flowing. And we do the same around us. And everyone we meet, you get a sort of almost an overlap or a sort of partial blending of those codes. So when you meet someone and you have a resonance, there is this connection that goes on when those fields overlap.
And so because of what the Earth has been through historically, and all the historical junk, shall we say, and yucky stuff to put it mildly, that spills into the codings as well. So the Earth, as it's generating these flows, creates a mix of light codes as well as some of the yucky stuff. And so what they were doing is they were upgrading and changing the energetic system in the core of the Earth so much more of the light codes are now cycling through the Earth's toroidial fields.
And they had a massive clearing of all the yucky stuff that was filtering. It's a little bit like a lens. If you have a dark colored lens, not much pure light will get through. And it just seems like it's this murky, yucky, gray kind of thing that comes out the other side. But what they did was this big clearing of the filtration energetics, if you want to call it that, so that the coding system that then cycles through these toroidial bands that we interact with symbiotically by being on the Earth as well suddenly changed.

And I got the instant feeling and so did a lot of people who were doing meditation live. And I'm not sure if you got the same, Pam, was that there was a real lightness shift that happened in the atmosphere that when I went out walking, or when it happened and people were reporting this afterwards, that they felt a real lightness jump. And it's literally because then the environment was now imbued with these high light codes that, with a lot of these yucky filters having been cleared, it's like it really opened up quite a degree more.

And I have a feeling they're going to do a lot more of those. And it's important to do it in steps and stages because people have to learn to integrate and assimilate as they're living in that environment. You can't jump too high because it, although everybody would love the good stuff straight away in all in one box. It's like stuffing whole box and chocolates and expecting to feel cut up to us. It tastes really nice, but just a little bit of a time. Your whole energetic system needs time to assimilate basically and learn to work with that new coded energetics. In a way, it's a little bit like a language. The language got upgraded and now you have to learn to understand and receive the new language codes that are coming. And so your body then settles down and stabilizes and the Earth does too. And then now you're ready for the next jump. So that's how it works.

PAM: Well, it's amazing because I think you mentioned that the Earth had jumped timelines.

DAVID: Yes, it did. Yes.

PAM: After that, which is fantastic. And there is no mass destruction on the current timeline that we're on.

DAVID: Yes. So yes, we talked about this before when we had a brief chat. So yes, I want to assure everybody that despite the fact that there are certain groups that want certain things, the timelines we're on don't facilitate that because you have to understand that only certain things are allowed within an energetic environment. You can't just do all these other things just because you want to. The energetic environment has to allow for that as well.

And so that's why a lot of conscious engineering has gone on to try to steer people to create that energetic environment. But what

humanity has been doing has been very beautifully waking up and learning their custodianship in a sense. I don't mean that in a sense of custody as we mean it. It's more of a guardianship. That's a better word to use. Guardianship is better to learn their symbiotic guardianship of being here as a living creator on the Earth because the Earth was always designed in my perspective to be a vast galactic living library.

And because of certain things that happened, humanity started to drop down into these highly densified levels. And by living library, I mean that literally experiential knowledge and information is contained in codes in the air, in the Earth, in the water. It's an entire living energy complex, which is a library system.

And as human beings, because of our genetic makeup and the way we are, we have this profound ability and people who are sensitive have this ability already to connect in and get experiential snapshots and information and access the library to a certain degree. And people are getting better and better and better at that every day.

And when we talk before I spoke about the libraries underneath the Giza complex, and you know that there was a lot of talk about that these libraries weren't physical libraries, they were energetic libraries, and you had to have the ability to key in using your energy field to access the information and the knowledge.

And you can only do that if you're raised to a certain level. And that's how a lot of information is protected from people who want to try to misuse it is that it's only accessible if you have the right energetic system in place. And you can't artificially get there, that's not possible, you have to attain a certain level within yourself, which is a very beautiful way of making sure that very awesome systems only get in the hands of people who are responsible to use them.

And that's not to say there are a few things that people unfortunately can do, but you know the really, really good stuff is held in wait until people are ready. That's a very key point to think.

PAM: That's wonderful to hear, because we really do seem to be in an accelerated phase of evolution, David. Yes. And we're talking about in astrology as well.

DAVID: Yes, yes. And just actually one more thing I'd like to mention if you don't mind is that one of the things to remember in what people are seeing play out. You have to remember that the human being has been under a condition of mild consciousness with a lot of unconsciousness and subconscious playing out in the background, because everything that we have suppressed, the traumas, the historical stuff, that gets squished down into our unconscious and it still plays out.

But because it's unconscious, we don't recognize it, we don't feel we resonate with it. It's like, what on Earth, who's doing this? It's like, "What are *they* thinking?" And the, "What are they thinking?" when *we* are doing it. That's the thing and that is part of the Great Awakening.

And what people are feeling and seeing right now, it's not things going wrong. It's things going very right by the yucky stuff that comes out from the unconscious to clear from you. So that the conscious part of you can expand and say you can eventually become fully conscious with no unconscious at all. Nothing repressed, nothing that is old and stagnated and stuck causing problems. So that is the unfolding that we're going through.

And yes, it will play out in the outer world. But I would say to sit at peace with that, because very, very high level forces are monitoring and watching it all the time. They know just how much to introduce, how much to step back and let it unfold, have another go, and they're constantly modulating. There is never a moment when this is not happening. So as much as you might see a few groups here wailing and threatening this, just focus on your center and you will find the truth of what is really going on.

PAM: That's beautiful and you expressed it so beautifully, David. So thank you. It's going to be said, we're assuring for people, but I've often said in videos, this is the collective consciousness that is produced now. I see that we're counting out at the end of the day.

DAVID: So, yes, yes. And that comes back just very quickly to what I meant about guardianship. When you are a fully conscious guardian, you understand the responsibility of energy generation and how to lens your energies, how to create with them, rather than just having

your unconscious just blurts stuff out there. That's really not helping you at all. So I think that's all part of the package.
PAM: You said it so clearly and that's going to be so helpful for people. You have no idea.
DAVID: So that's good. That's good. Definitely. Yes.
PAM: So a couple of areas about the light, David, and I haven't yet talked about this, but I was chatting with a wonderful, very psychic lady just a couple of days ago, Nancy Rebecca, who channels the blue light beings. And since then, a couple of people have written to me and I don't know whether what they're referring to as the blue light is the same as Nancy is channeling. I don't know.
But a couple of people wrote to me really saying the same thing that the blue light we are now entering or the blue shift is a much shorter wavelength end of the spectrum, which is the galactic end that can carry a lot more complex information that will start to open us up to our multi-dimensionality. And that's what we're moving towards. So I don't know if you have any view on that.
DAVID: Sure. Yes. There's actually a multi-folded process to this. So you, as a living being, the main ascension process is taking place inside you. And that's a big thing to understand. Now, there are lots of waves and expansions that come from outside.
And usually what happens is that, when I mentioned before about the teams that are constantly watching and modulating, there are vast teams from all over the place that are adding different aspects. And also, overlooking some of the pulses that come from different systems and places. And to add to that, it's not always just coming from a star system or the galactic core. It's actually emanating from the space around us as well. There have been times in the past where astronomers were measuring emanations of certain radiations. It's like it's all over the place. Where is it coming from? There's no one spot that it's coming from. They couldn't fathom that. And so I would say that from my experience with the teams, living energy sciences is really at its infancy as far as human perspective is concerned. But that light itself is, what we call photons, the individual packets of a light field. Just what we see as we compress

energy and we particulate it into these individuated packets. But they're actually part of an immense interconnected field.
And these packets can act as massive library storehouses. And I mentioned in the previous talk when photons interact with you, depending on what you're resonant with information-wise, they can offload to you and you can impart and they leave and they carry your information as well as the originals.
And so there's beautiful interconnected web of sharing energy or light encodement sharing that goes on. And there's many forms that that can take. And as we evolve, and these external things are given to us really to seed these packets of light that do unfold. Sometimes they're time capsule in a sense. It basically means that they interact with you. It sits in your energy field, but it doesn't do anything yet until you raise to the point where you can work with it and it can unpack and then suddenly, whoo, I just got a sudden jump. Where does that come from? And a lot of times it's the unpacking of these packets which we're lying dormant ready to open up.
And the most common signal for that is your high self. When your high self sees, okay, you're ready for the next step. Let's open up that next block of pack and see how you work with that. And so there's a whole slew of different ways in which these energies can be given through solar flares, galactic flashes.
Emanations from different, because they're sending from different star systems are always sending different modulated packets of codes when the timing is right. So they all have this interconnectivity and they also be really great if you launch now and okay, you just hold off for a second in a very human way of looking at it.
But it's kind of like that in a way. But there's so very adept at understanding what is the greatest course of action for humanity to help steer humanity into its greatest potential.
And so as we evolve and as we move through our essential process, we begin to become more resonant with higher frequency level photons or energy fields if you like. And so our ability to access better, higher information, because different energies will carry different qualities of information. Sometimes it's just put at a level that's appropriate for you now. Sometimes there are people

operating on the planet which are much higher level. So they get to receive higher packets of codings to help them. So it's a big, big myriad of [light codes] essentially flourishing humanity within codings.
But the aim of it is ultimately to help humanity to reach back inside and realize that ascension is actually happening from within you and as it is with the Earth, from the core of the Earth as well because it's an internal opening up experience where you suddenly really open up to this greater level of Source Intelligence within you. The immediate aspect of that is what we call our higher selves. But it's all that Source Intelligence energetic.
And so that to me is what they're doing is because humanity has been living in such an external perspective existence for such a long time. They're trying to help humanity remember everything is in here. And that comes to your question about astrology because everything external is a direct reflection of everything that is internal.
And part of the essential process is to realize that everything is actually in here. And if it's all in here and everything is a direct reflection, you can learn to read what is out there and understand what it is about yourself that you are seeing in your own reflection. And that's extremely helpful for evolution because it helps you understand the things about yourself that might be unconscious or you may not be aware of that are actually causing XYZ and you get those hormones and they, oh my goodness, yes, I see it now. It's like yes, it does happen, right?
And I mean, with me, I laugh at myself sometimes because even some of the silliest, a simple thing is, oh, how can I miss that? It's a beautiful process because when you treat it with a very jolly lighthearted way and see it as just this beautiful play that's playing out and you are the orchestra and you are the conductor as well. Everything is coming from this center.
When you begin to realize that and then you move into this guardianship of being a full self-aware, knowing creator that is of Source Intelligence, then big things start to happen. You can reshape your reality, you can change matter, you can, you realize that what we call physics is nothing more than just a word that describes

energy behavior that you are doing that you don't yet realize that you are doing.
And so it becomes, wow everything outside of me appears to be really stuck and stagnant and rigid, but that's because that projection of rigidity is coming from the center. If I change that and expand and become more fluid, suddenly everything starts to change correspondingly. There is a direct one-to-one relationship. It literally is a reflection of what is inside here.
And that's a really wonderful sense of self-empowering because you begin to realize that you are not bound to what is going on outside of you. It is a teacher, it is a reflection, but you have mastery in the sense that you can change any of it. Once you realize and you are living in that core Source Intelligence within you, which was the very same intelligence which created the whole universe in the beginning. So if that can happen from within you, what stops us from realizing that now and doing the same, nothing except ourselves. It's just our own filters, our own taken on self-limitations that we when people talk to each other and they say it in a way which creates such self-doubt.
And so you don't need to do that that's just another filter trying to keep itself going. You know, you are literally an aspect, the same intelligence that created all of existence. Why do you think what you're facing is going to be such a problem? That really is where humanity is heading, that knowingness, that awareness, that livingness, as Source Intelligence that you really are unlimited. You are this powerful interactive energy library system that can create, transform and do whatever you want from the heart center.
And as you do that because it's done from the heart center, it doesn't create in duality. So you don't get the negatives as well as the positives. You get what is created benefits everybody because the same love intelligence knows you and it knows every other living being in existence and it knows how to balance everything perfectly. So that's why I always say that's another reason why the Arcturian said to me that when you learn to create and live from your heart intelligence, all new vistas and worlds and paradigms are going to open up to you that you just simply cannot do by creating through

dualistic creation mechanisms such as our current thought processes and things like that.
So this is why I always encourage people and they always encourage me, it's heart center, heart center, heart center. It's not a woo-woo thing. It's very real and there's real, real reason for all of it. But yes, there is the beautiful aspects of the compassionate qualities, the gentle qualities, the nurturing qualities that are in the heart center. It's all part of the same beautiful intelligence that exists in the heart center.
PAM: Interesting because I talk about this so often in videos as well, almost from an astrological point of view.
David, I've said many, many times your inner state is your absolutely top priority because everything stays from your inner state. Focus on that and you change your reality. So it's fascinating to hear that. So going back to the blue light, is it true that we are receiving more blue light? Is that going to enable us to open up to our multi-dimensionality in a big way?
Because the people who are writing to me saying this could become a kind of collective almost near-death experience where we all open up to many more dimensions to trees, to animals, to plants, to birds, and we have a much fuller and expansive existence. But the people who have been writing to me have been talking specifically about the blue light. Does that play a part, would you say?
DAVID: Yes, it's interesting for the way I would see it is that it's a very rich tapestry in a way because it's not just photons that are playing a role. It's literally the space that we occupy. And one of the things that in physics that gets forgotten a lot is the actual space which particles sit in.
And just very briefly, I remember hearing, I kind of laughed when I saw this at Nikola Tesla used to write to Einstein a lot saying, no, no, I think you've got it wrong, chap. And one of the things he said was that the energy wasn't concentrated in the particles. It was in the space around the particles it that was.
And so I think this also explains why the physicists have been measuring emanations of what they call radiations or basically different frequencies of photons emanating from all places they don't

understand. Now, as we evolve and as we ascend, how these particles present themselves is going to change. It moves into a sort of higher light, and within higher light, you get different forms of how the light presents itself and how it works.
And so, yes, we are evolving and matter itself is changing. And indeed, a lot of constants that physicists thought were set in stone wouldn't change, they are seeing that they are in fact changing. Because the behavior and form of energy around you takes its form from the cue of you, the observer is the creator, and so everything forms itself to us. And so, what these advanced races can do is they can send us more advancedly informed light, let's put it that way. That sounds a bit of a mouthful.
So, it's light that has higher encodements that they can send. Now, oftentimes, what happens is that a vast amount of the population can't assimilate that yet. So, it can either pass through them or it can sit in them as a time capsule and wait to open up in their energy field. And it really depends on where that individual being is as a soul because they may have contracted with themselves that they don't want to go through the ascension process.
They're just here to experience what goes on beforehand and then head off somewhere else. So, there's a whole different range of different contracts, self-agreements really, contract is a bit much, I don't like the word so much. But it's a way in which somebody says I'd kind of like to experience that right now. I'm just going to go down and do that. Or I want to go for it. I'm going to go through the whole thing and do this and do that and do everything else. So, that everything is quite mission specific as well. So, a lot of the codings that you receive can be very specific to your mission.
But yes, I do believe that as we go forward the quality of how light presents itself to us and how it can interact with us and what it can exchange with us is going to change for sure. But I would say that for myself, the ascension process is absolutely an internal one.
And this is the key point that my team's wanted me as a message to say is that nothing that is given to you as a gift from outside can

override your free will. So, if you choose to stay stuck, if you choose not to ascend, that is fine. And that will be honored for you.
So, nothing is going to shunt or push you into doing anything. It's just available for you. And so, the key thing is to be as playful and joyful and as open as possible as you would love to be if you want to ascend in the easiest way. Because that's the way to be more receptive to these offerings that are coming from not only from space, but photons and emissions from the Galactic Center from other civilizations.
It's a whole overlay of different offerings from different aspects of the Source to say okay, so maybe you're not so open to that today. What about this over here? How would you like that? It's like a banquet all this food gets offered to you and you just go, no, I don't like that one. Yes, that was good. I like that one. You know, I'll take that today. So, it kind of works a little bit like that too. But it's always honors the free will and the choices of the person involved.
And even if they are here to ascend, they might be going through something really rough or tough because of the outpourings from their unconsciousness right now. So it might decide, okay, so we'll just back off that for the moment. You just need to ride through this first and then we'll unpack this a little bit later for you.
So it's such a beautiful dynamic relationship between us and energy and what's going on inside of us. But that's what I would say, like yourself, I would always encourage people that ascension is an internal opening process.
And there are so many things that can help and do offer and come to you and get absorbed by you to help. But mainly the main thing to be aware of is your willingness to open to your true self. That is, for me, is a key ingredient in ascending and moving your consciousness forward. Definitely.
PAM: And I have to say to everyone listening that David's meditations are a beautiful way to enable that, really beautiful. You couldn't go wrong with those. So listening to you, why is there such interest in Earth and us as humanity? It seems like we've got some kind of pivotal place or space in the whole universe. Is that true? Is that the case? Because you've mentioned that this isn't just an

upgrade for the Earth and humanity is an upgrade for the entire universe. Is that correct?

DAVID: Yes, very correct. Yes, I'm glad that we mentioned that before about talking. I'm glad that you took that direction. So yes, my teams and my encounters, I can say from my experiences with different races that come from my thought there that I have no ability to pronounce any of, they give the impression when I get the signature from them, the quantum snapshot when you get a full energetic impression of the beings.

They are so excited what's unfolding here because you see the way that the universe, universal systems, galaxies, solar systems, planets, civilizations on planets, it's like this beautiful nested fractal living energy system that interconnects and all the way down to the subatomic and even further it's just this amazingly beautiful tapestry of how life loves to or the Source loves to express itself in those ways.

And one of the special things, of the many things, is that the human race is a combination of many master races that have excelled in certain areas from Arcturus, the Pleiades and other beings like that, we have fragments of their DNA in our code. Now, in coupling with that, because also the Earth was designed to be this pristine, beautiful planet, this living library where people from this galaxy and other galaxies could come and interface with the energy and learn about the history of this galaxy and the history of energetics going forward. You can come here and you can do that.

Obviously that got interrupted with this little interlude that's going on right now. But the truth is that in a way, humanity going through this and coming and evolving out the other side has spring shot humanity into a faster, more accelerated path of evolution. I know everyone, myself included thinking, well, I'm sorry, it would have been another way. But the truth is that the human being, the way that these beings see it has unfathomable potential. It really does.

And they're really excited to see how humanity uses its free will to navigate itself towards that highest potential if they want to do that. And what's happening is that humanity's DNA, the design of it, and the fields that surround the DNA, because that's a massive part.

Everybody is very focused on the actual elements of the DNA, but it's also the field that surrounds the DNA, which has a profound role to play.
Now, what's happening is according to these teams, and there's still a lot for me to learn as well, but I'm happy to share with you what I've gleaned so far. And that is that humanity is growing into this massive multi energetic perceiver and transmitter of energy where we can perceive a huge bandwidth of multi-dimensional experience while still having physical form.
And to my knowledge, it has never been done like that before. This is a first. And so, yes, it's incredible that I mean, there's so much more that I am still learning, so I'm still gathering the bits and pieces myself. But humanity itself has a simply amazing future. There is no doubt about it. The steps that humanity is going though becoming a body that is a living, intelligent, energetic system that can interact with whole streams of different levels of experience, and understanding.
You'll have overlays of your ability to see and for myself, I've been seeing overlays for a long time. But with my physical vision, I see one version, and I have an overlay where I can see a being standing there or this being coming in over here, and when orbs come in close and other people aren't seeing them, but you can, if you sometimes look at the periphery, because your periphery is a little bit more sensitive to those things.
But people are going to, and I have no doubt there's lots of people on this planet who do that as well. And it's something which humanity is moving towards. And what I would say is that the more you can have fun with it, the more you can enjoy the process, and almost that in itself is an invitation to your high self to give you more of that.
You start seeing these more. And pretty soon your whole world will be filled with multi layers of all these levels of existence with different beings coming in at different levels. And it will be this rich experience of being able to do a whole bunch of things at a whole bunch of levels. And that's profound because the kind of light information to put it into a phrase that the human being is capable of both

transmitting and receiving is really off the charts in its potential and where it's going.
Now, the interactivity with beings outside of this galaxy, outside of the solar system, I think is also going to take steps up because of that massive vast band of resonance that the human energy feel and human DNA will have.
They're so keen because to have to be in a body as a consciousness to experience that level of receptivity and perceptibility to life, the whole spectrum of life is just profound.
I think that that's what these beings are partly interested in. They just really would love to see how humanity takes this and what humanity will become with this, because it is truly, truly beautiful. It really is.
PAM: And is it because we are more in physicality than the other races? Is that why we're regarded as special in this whole process?
DAVID: Yes, that is a very good point because to be able to do that from a point of density such as what we are in, it's like, wow, that's pretty incredible because to be able to expand your consciousness from such a dense level is a challenge in and of itself. But then to be able to have a densified body to a certain degree, but also have a multi-level or multi-spectral perception of energies in addition to that, that's really profound. That's very profound.
And so it's what a lot of advanced beings do, they can drop themselves down a bit, raise up, and they can do this. But I have a feeling what humanity is going to do is going to, you'll have your physical body, but you'll also be able to stretch up and have real experiences.
When I say real, I want to mean very perceptible experiences, multi-dimensionally, as well as physically, you'll be able to download, get information at high levels and transmit it at this level and vice versa. It's in a way that I can feel my team now saying that effectively, humanity is going to become a profound multi-dimensional bridge where you can have access to the high levels, but you also have existence down in these levels too. And they're saying think of what will happen for the future of this galaxy and universe with beings who have that ability when they are emanating multi-dimensional energetics in densified spaces and densified experiences, how

uplifting that will be as a bridge system to countless worlds and countless other beings.
And that's another reason why I feel they're so excited. I can feel their excitement now how excited they are because to be able to introduce that and us to go out into the expanse and emanate that from that point of view is deeply profound.
And that's another thing that is going to really super shift and help this universe start to expand and open up and have that multi-level experience as well.
PAM: Wow, it's just mind blowing, absolutely mind blowing. It's difficult to ask this question because of course, there is no time. And I'm so back to question about linear time, but there is no time. No, we have to not leak power going forwards or backwards, but astrologically, the next three years in particular up until the end of 2027. Richard Rudd of the Gene Keys has seen this as one various other people that have been saying these three years in particular seem to be very accelerated into some kind of metamorphosis for humanity or change of state or change of form. Do you see that David or is that too linear, a question, too 3D a question?
DAVID: So I can feel my team smiling, kind of, that sort of giggling. So, yes, so my team's feel free to add to this if you want to layer into this. So they're kind of saying that the perspective of time that we have, yes, indeed, is very linear, but within the linearity are cyclical events that happen and almost helix-like unfoldings of time. Now, what they're saying is that you are very correct. The next coming years is going to be a tremendous infusion is the words they're using of a lot of very high-level energetics.
And they're saying this will be a challenge for some, but they're saying if you remember what was said before, that the key to easy, effortless, and joyful ascension is just being playful and open heart-centeredly.
They're saying you will ride the wave effortlessly. This is a fun thing, this is not a, oh my god, what's going next? It's supposed to be fun, but the trouble is, as humanity, we've been so conditioned to be so serious about everything. That's part of the problem. It's like not that serious at once.

But they're saying these are part of the unfoldment and it's going to be stepped up in different levels, but the next five years, they're saying three to five years, and they're saying the duration and how they take it depends on humanity's response. So if they feel like they want to take it slower, it will go slower.
If people collectively decide, yes, let's go for it. Let's jump on this course and go. It will go a bit faster. So a free will is also honored in all of this, but yes, I think you're, they are, they are agreeing with what you are with what you were saying. And they're saying the infusion of energies are going to be okay, they're using the word delightful.
So it's going to be something very special. But they're saying if stuff comes up for you, okay, very funny, they're using the words into quite a human phrase, ‘Don't freak out.’ So okay, don't freak out. So they're saying just remind yourself that you are moving out of this. So if you're a little bit slower, that would be great. So they're saying that humanity's unfolding is really of its own choosing.
But they're saying what we would heartedly recommend is that people spend as much time in nature, playing, playing with children, grandchildren, being around that very innocent, pure emanation of Source Intelligence and reminding themselves of the inner child inside. Because that's a gateway to openness within yourself. And that's very key. Because they're saying what is coming is going to shake off the serious shackles.
Okay. So it's shedding off the old which has kept us limited. And they're saying there's a lot of paradigms of perspectives and attitudes that people have, which they think are helping them, but are in fact shackles and limitations that don't allow them to move forward.
And they're saying one of the ways to detect this is that if you are obviously if you're feeling down or sad, those are usually emotions being unlocked and unleashed. But if you find sort of little odds, aches and pains coming up and everything, they're saying that's usually a signature of your internal resistance, resisting a transformation process that's going on.

And they're saying, and we know a lot of you know that. And so, yes, they're saying they don't want to spoil the surprise. And I kind of understand why they're saying that because they say that a lot to me as well in with the inventions side, because they're very keen on humanity experiencing this, not just do it, this is where you're going aim for that.
It doesn't quite work like because you miss out on all the good stuff on the way, if you if you just aim for the trajectory and there's so much that humanity is going to self learn on the way in riding this wave.
And by doing that, when there's a very special event that happens, when you get your *aha* moment inside yourself. The self learning process when you have that *aha* is such a profound blast of imprinting in your knowledge base and your understanding that you've really experienced it, you've transcended it, you've gotten over it, and you're in a new place.
And now you emanate that knowledge and understanding to everybody else. So it's like solving a puzzle piece once you do it and you emanate the knowledge and wisdom of what you did and that you went through it, felt the emotions, let them go and rolled through it.
You now *emanate the solution to others* and they to you as well. And so that's part of the process. You actually experience this without being pushed and pulled and having your own experience is a very profound thing that that needs to happen. So yes, definitely.
PAM: It's a change to the morphogenic field. It's like running. The first man to run the four-minute mile or whatever. It's when the first monkey washes a.sweet potatoes in the sea and then monkeys on every other island abide. Now it's in the morphogenic field, Rupert Sheldrake idea.
DAVID: Yes, it's very much like that. Yes, I agree. And the waves that are coming forward, my feeling is that it's, the image they're showing me is like, okay, this is like a new surfer that really timidly approaches this gigantic wave, but has it go anyway and then realizes as they just relax and lets everything unfold.

The wave is just effortlessly carrying them along. It's not bowling them over at all and they realize afterwards, wow, what a transcendence it was to go from, ‘Oh my God what's happening?’ to ‘Woo-hoo, let's go for it’ and they're saying that's the living energetics of the wave that that interacts with you. It’s not meant to bowl you over. It's your resistance that bowls you over. The wave is actually there to really give you that the woo-hoo, aha moment and to raise you up.

And so yes, they're saying that that's what is to be aware of. So as these beautiful waves come through, and they're saying most of the waves, interestingly enough, are actually coming from within. There are waves coming from without, but they're saying there will come a time when that that gateway, that heart-centered gateway, is open enough that what people are perceiving is coming outside. Well, then they'll start to realize it's actually coming more through the heart now because it can. The gateway is open, you're allowing it through now.

And so your personal ascension development skyrockets, because you can now access everything from within. It's up to you now. How fast do you want to go? It's up to you. So yes, I've never heard them say that quite like that. So that's a new one for me too.

PAM: So this means that we become healthier, we can live longer, we can reverse aging to some extent. That's going to be a whole new ball game in terms of our physicality as well.

DAVID: Yes, very good question. So the understanding that they shared with me was that the process of cellular development, think of a photocopier. Right now, what happens is that one generation of cells gets this blueprint for development from the previous cell. But what if the previous cell generation got damaged? Well, that it cyclically goes. And so effectively it's like a photocopy, you put a copy in, you get a copy out. You don't put the original in, you put what you got out back into the photocopy and you photocopy that.

PAM: It degrades.

DAVID: Yes, exactly. It degrades. It's just, eventually you end up with a few black dots on your page and that's it. It's just missing everything. And that's essentially what's happening to the human

form. And to the beings that I interact with, they don't have that because their gateway is inside. The intelligence within guides everything, the cellular process, the generational process, the whole nine yards is developed and maintained to perfection from the intelligence within them. It doesn't need a copy of a copy of a copy to get its instructions from, which is normally like Chinese whispers, it's so muddled up by the end of the day that ‘What's that? That's like a blob of jelly.’ So that's kind of how it works.

And they were saying that this is what's coming in store for humanity, where humanity will get to the space, where you will have complete choice over how long you occupy your body or how short. It will just be there, maintained for you, as long as you want to. You can change your age if you want to.

And that's what a lot of ETs do. They get to a certain level of physical development and say, Oh, this is good. I'm going to stay in this shape and they keep themselves there. So that is all a matter of conscious energetics and in tandem with that, like what I spoke when we last had a talk, was that the matter itself is also evolving in this essential process.

And it's becoming more awake, in a sense, the energetics become the living energetics are starting to open up within particulate systems. So it's this whole myriad, everything is moving together. It's not just us, it's the Earth, it's the matter, it's the material, it's the space. It's so profound. It really is.

PAM: Well, David, this has just been absolutely mind blowing. Is there anything before we close that you any additional message that you'd like to share with people before we close?

DAVID: Yes. So before I mentioned that I'm going through a process of myself, so my ability to communicate so clearly is just going through a process of adjustment right now. But the other way that I can facilitate messages is empathic communication. So like I was doing before, they come close to my energy field and they can send messages.

So the teams, okay, do you have any messages that you would like to impart at the moment? So very strongly, okay, this is an Arcturian group.

And they are saying:
You have so much hope for the future. They're saying we know that many of you are disheartened because of what you see, we are going to ask you to withdraw your perceptive senses from your media, your news channels, your devices. Give yourself a chance to sample true energetics coming from within and from nature. The more you can spend in that environment, connecting within, being in nature, rhythmically breathing, just spending time doing that.
They're saying your sense of peace and *settlement* is the word they're using is going to ‘grow by leaps and bounds’ to coin a human phrase, they're saying. And they're saying do not be dismayed by what you are seeing. It is a literal outpouring and outplaying of the old that is leaving. It has no place to stay here. It's not allowed to stay here anymore. It's being cleansed out. And so the way to allow it to move faster is to not focus on it.
They're saying the more you focus, you'll grab it and you'll start, what's the word that you're using there?
They're saying you start aligning yourself and bringing your energy system down in the *sadness* when you start spending too much time with your perspective focusing on things that just all the yucky stuff pouring out.
They're saying the very best service you can be for yourself and to the world is to, as they said before, go into your heart center. Don't force yourself, just relax in there. The more joyful that you can be, the more connection that you will get there. And then just learn to just feel that energy infuse your body and just do that simple exercise.
Go out in nature, do that infusion process. And they're saying you'll be surprised how quickly your level of calm and understanding that everything really is okay is going to come into play.
They're saying the trouble with having your perspective fixed on things that are of low energy is that you are literally inviting yourself to come down and match what you are focusing on. And so then you bring your energy system down, you feel depressed, you feel down, and you think, ‘Oh, God, what's going on?’ But they're saying that it really is just a reflective illusion.

When you can maintain your center, you will realize you can choose peace and divinity and happiness at any point. You can be in the lowest point of some process.
And you'll have the mastery eventually to be able to choose, no, up we go and that old stuff will just drop away like it wasn't even there. So that's the thing. It's just to bring your focus, your perception back to your heart intelligence and allow that infusion to take place, breathe rhythmically, and then see how you feel it will be very quick.
PAM: That's really beautiful, David. It's interesting, because I've often said what we tend to do is focus on what we absolutely don't want more of and then blow it with a constant circle that is all coming from us.
That has been absolutely beautiful. And I've been very moved by things you've shared. And it's going to be enormously positive and uplifting for people to hear. And I'm just so grateful. I know you're an incredibly busy man. And I'm just so grateful for your time. I really am.
DAVID: Absolutely. And I love to do this. I feel a great joy myself to share this information and to help people because I've been through a lot myself. I've been through some very, very deep times myself. I've been there rolling around on the floor, crying my eyes out, hoping it would all finish and it's it has been hard.
But I think having gone through that and understanding what they mean by yes, this is the outpouring. And the more you resist is what the bad effects are. It's what we experience.
When you can understand that and realize, ‘Okay, this is a process. I'm just going to let it fall. It's going to leave. I'm going to get past this at a minute or two or an hour or however long it takes. It's going to be fine.
But I'm just going to enjoy my day and just let it unfold. And it will leave and it really is human resistance that keeps it there.
And for me, in my experience, that nugget of information, that profound knowingness has helped me accelerate past really deep stuff, really quickly, stuff that used to bowl me over for like a week. It comes up for five minutes. That’s it, okay, it's gone.

It doesn't affect me anymore because the resistance as you gently lift it and let go of it. And be playful, be fun. Let go of the seriousness. None of this should be serious.
It's almost like a barometer, the more serious you are, the more of a heavy time you're going to have going the other way.
Go the joy route and then you'll find it. Yes, have a laugh about it. Yes, it's stuff. It's flying off. You'll be able to laugh about it. It's okay. That I feel is the way to go through these processes.
PAM: Yes, we've got to find joy in every day. Yes. We find joy in every day. So unless you do so. What I suggest to do everybody, is replay the first conversation David and I had, because there was so much in there below this video. Also the link for David's website for his Regenerative Technology.
Also the link for his Patreon group and the meditations as well. So you can link directly with him and I couldn't recommend those more highly. That is an accelerated route to get to what he's been talking about in this last hour or so. So David, just thank you again for being here. Thank you for your time. And undoubtedly we're going to have more conversations in future. I would really love that. I think the viewers would absolutely adore that.
DAVID: So I would love that too. And to your viewers I wish you the most beautiful experiences that everyone watching this and everyone who's not watching this just humanity really is in for the best of times. We're just in a transition process right now. So just don't get caught up in the transition. Just get focused on your enjoyment and just roll with it.
PAM: Beautiful. So much. And sending love to everybody out there. Hope you've loved it as much as I have. And thanks again, David. We'll connect again really soon.
DAVID: You're very welcome. My love to you all.